

SPMHC CRANK UP AWARENESS FOR NATIONAL PREPAREDNESS MONTH

By Maria Salas, MPA, San Pedro Mental Health Center



San Pedro Mental Health Consumer volunteers successfully completed a 7-week Certified Emergency Response Team (CERT) disaster preparedness training offered by the Los Angeles Fire Department where they learned basic first aid, search and rescue, and other disaster preparedness techniques during National Preparedness Month.

San Pedro Mental Health consumer volunteers are being commended for their efforts and dedication. Not only do they regularly donate their valuable time to the clinic and to their peers, but they have also answered the call of duty for their community neighbors while inspiring hope, wellness and recovery for us all.

Congratulations to San Pedro Mental Health consumer volunteers: Johana Castaneda, Sharonda Capers, Patricia Green and Steve Villegas for completing the 7-week CERT training at the local YWCA of Harbor Area and South Bay in San Pedro.

If you're interested in bringing this educational and potentially life-saving training to your location, please contact firefighter Susan Jensen, susan.jensen@lacity.org and/or Joann "Jo" Sanders, jofiremail@gmail.com of the LAFD-CERT Unit at the Frank Hotchkin Memorial Training Center, 1700 Stadium Way, Room 104, Los Angeles, California 90012, 213-893-9840, <http://www.cert-la.com>.